

Heating Instructions for Meal Kit #1 Items

Pasta & Marinara Meat Sauce

- Heat marinara meat sauce to an internal temperature of 165°F or above in the microwave or on the stove top. Please note: the container you receive with the sauce is microwave safe.
- For pasta noodles, place 6 cups of water in a sauce pan and bring to a boil. Once boiling, add the noodles to the pan and cook approximately 10 minutes. Drain the water and toss noodles with olive oil, if desired.
- The pasta and marinara sauce will yield four servings of lunches.

Cheese Breadsticks

- For best results, prepare cheese breadsticks in the oven.
- Preheat oven to 350°F.
- Place frozen cheese breadsticks on a parchment lined sheet pan. Bake for approximately 15-20 minutes until breadsticks reach an internal temperature of 135°F or above. Please note: cooking times and temperatures may require adjustments.

Popcorn Chicken

- For best results, prepare popcorn chicken in the oven.
- Preheat oven to 400°F.
- Place popcorn chicken on a parchment lined sheet pan. Bake for approximately 8-10 minutes until chicken reaches an internal temperature of 165°F or above.

***Please remember to refrigerate or discard any unused portions.**

Heating Instructions for Meal Kit #2 Items

Teriyaki Chicken & Brown Rice

- Heat teriyaki chicken to an internal temperature of 165°F or above in the microwave or on the stove top. Please note: the container you receive with the chicken is microwave safe.
- Place rice and two cups of water in a saucepan. Bring water and rice to a boil. Boil approximately 20-25 minutes. Fluff rice with a fork. When cooked, rice will yield two cups.
- The teriyaki chicken and rice will yield four servings. Each serving is ½ cup cooked rice and 3oz of chicken.

Pepperoni/Cheese Pizza

- For best results, prepare pizza in the oven.
- Preheat oven to 400°F.
- Place frozen pizza on a parchment lined sheet pan. Cook for approximately 17 minutes to an internal temperature of 160°F or above. For best results, rotate the pan in the oven to prevent cheese from burning. Please note: cooking times and temperatures may require adjustments.

Beef/Cheese Taco Snack (Burrito)

- The taco snack can be heated in the microwave or in the oven.
- **Microwave Instructions:** From frozen, place the taco snack in the microwave on high heat for 50 seconds. Let it sit for 15 seconds, and heat for another 30 seconds. Let rest another minute before consuming.
- **Oven Instructions:** Preheat oven to 300°F. Place burrito on a sheet pan with the seam of the wrapper facing down. From frozen, heat in the oven to an internal temperature of 160°F or above for approximately 24-28 minutes.

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Heating Instructions for Meal Kit #3 Items

Hamburger

- **Microwave Instructions:** From frozen, place beef patty in the microwave on high heat for 1-2 minutes. Please note: cooking times and temperatures may require adjustments.
- Preheat oven to 350°F.
- Place frozen beef patty on a sheet pan, and bake for approximately 12 minutes until the patty reaches an internal temperature of 155°F. Please note: cooking times and temperatures may require adjustments.
- Place beef patty on hamburger bun and enjoy!

Chicken Burger

- Preheat oven to 350°F.
- Place frozen chicken patty on a sheet pan, and bake for approximately 15-20 minutes until the patty reaches an internal temperature of 165°F. Please note: cooking times and temperatures may require adjustments.
- Place chicken patty on hamburger bun and enjoy!

Chicken Nuggets

- Preheat oven to 350°F.
- Place frozen chicken nuggets on a sheet pan, and bake for approximately 8-10 minutes until the patty reaches an internal temperature of 165°F. Please note: cooking times and temperatures may require adjustments.

Tater Tots

- Preheat oven to 425°F.
- Place tater tots on a sheet pan, and bake for approximately 8-12 minutes until chicken patty reaches an internal temperature of 135°F.

French Fries

- Preheat oven to 450°F.
- Place frozen French fries on a sheet pan in a single layer. Bake for 22-26 minutes until product is hot and crisp.

Cheddar Cheese Omelet

- Preheat oven to 350°F.
- Place frozen omelet in a steamer pan and bake until omelet reaches an internal temperature 145°F or above.

French Toast Sticks

- **Oven Instructions:** Preheat oven to 350°F.
- Place French Toast Sticks (glaze side up) on a baking sheet. Do not remove the wrapper. Bake until product reaches an internal temperature of 145°F or above.
- **Microwave Instructions:** Place 1 package on a microwave-safe plate (glaze side up). Do not remove the wrapper. Heat on high power for approximately 45 seconds, until product reaches an internal temperature of 145°F or above.

***Please remember to refrigerate or discard any unused portions.**